



SASH[®]

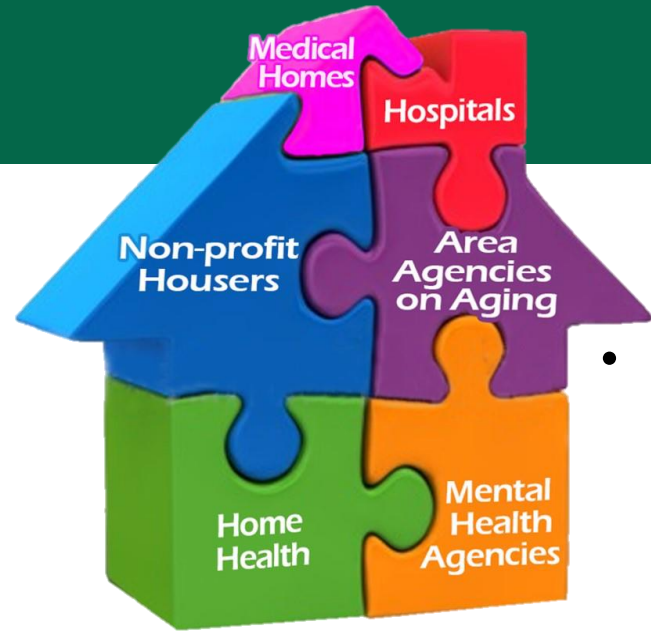
SUPPORT AND SERVICES
AT HOME

a caring partnership

sashvt.org

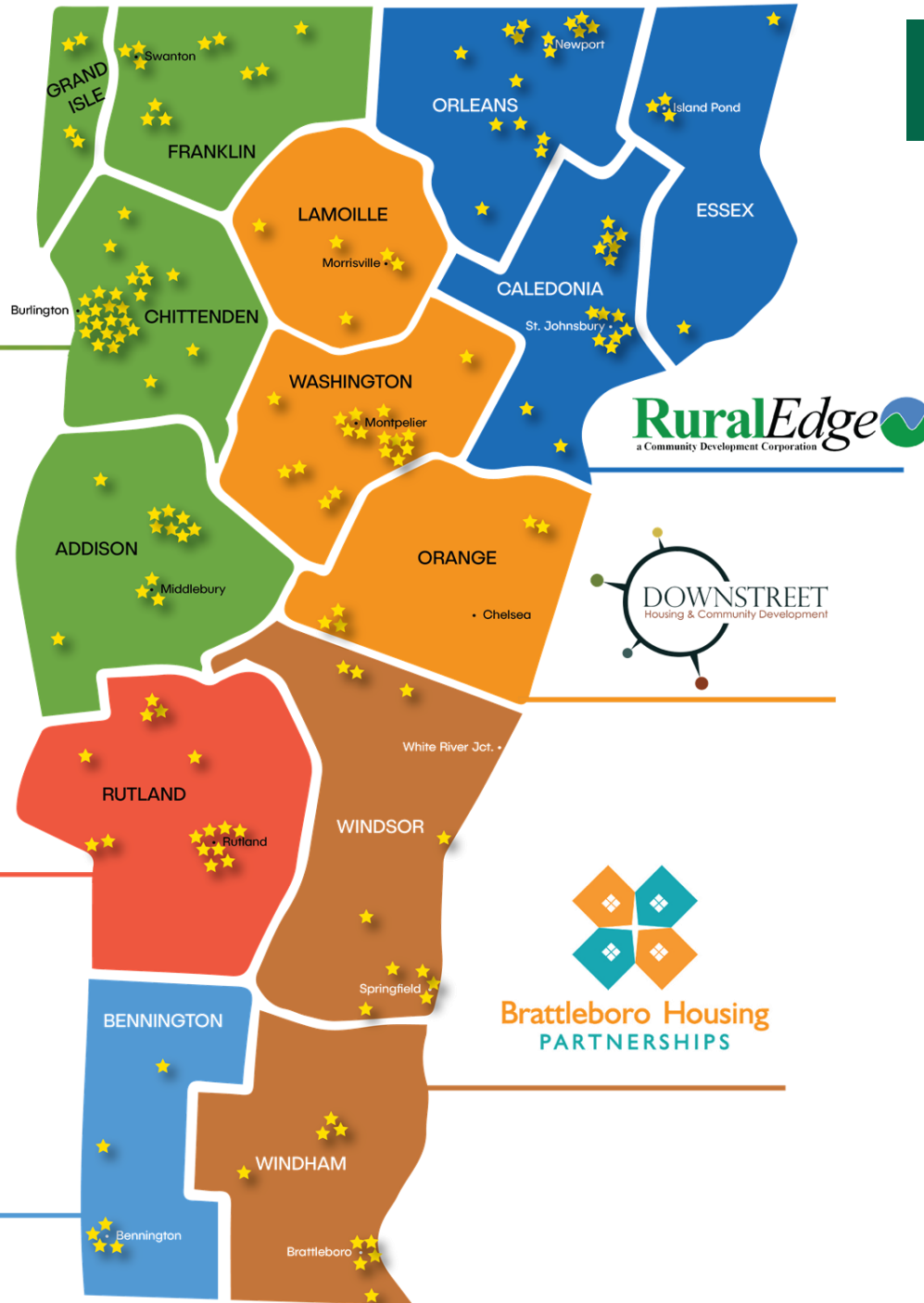
Better Care.
Healthier People.
Smarter Spending.

Improving Health, Saving Money



- A partnership among community organizations and agencies in housing and health care
- Based in non profit affordable housing
- Part of Vermont's All Payer Model (APM) Health Care Improvement and Payment Reform Initiative
- Able to target high cost and high risk populations
- Focused on evidence-based wellness and prevention to serve whole population





Statewide Presence

HOME HEALTH AGENCIES

Addison County Home Health & Hospice
Central Vermont Home Health & Hospice
Franklin County Home Health Agency
Lamoille Home Health & Hospice
Northern Counties Health Care
Orleans, Essex Visiting Nurse Assoc. & Hospice
VNA & Hospice of the Southwest Region
Visiting Nurse & Hospice for Vermont & NH
UVM Health Network Home Health & Hospice
(formerly VNA of Chittenden & Grand Isle Counties)

AREA AGENCIES ON AGING

Age Well
Central Vermont Council on Aging
Northeastern Vermont Area Agency on Aging
Senior Solutions-Council on Aging
for Southeastern Vermont
Southwestern Vermont Council on Aging

HOUSING

Addison County Community Trust
Barre Housing Authority
Bennington Housing Authority
Brattleboro Housing Partnerships
Burlington Housing Authority
Cathedral Square
Champlain Housing Trust
Downstreet Housing & Community Development
Housing Trust of Rutland County
Lamoille Housing Partnership
Montpelier Housing Authority
National Church Residences
Randolph Area Community Development Corporation
RuralEdge
Rutland Housing Authority
Shires Housing
Springfield Housing Authority
Twin Pines Housing
Valley Cares
Vermont State Housing Authority
Windham & Windsor Housing Trust
Winooski Housing Authority

HOSPITALS

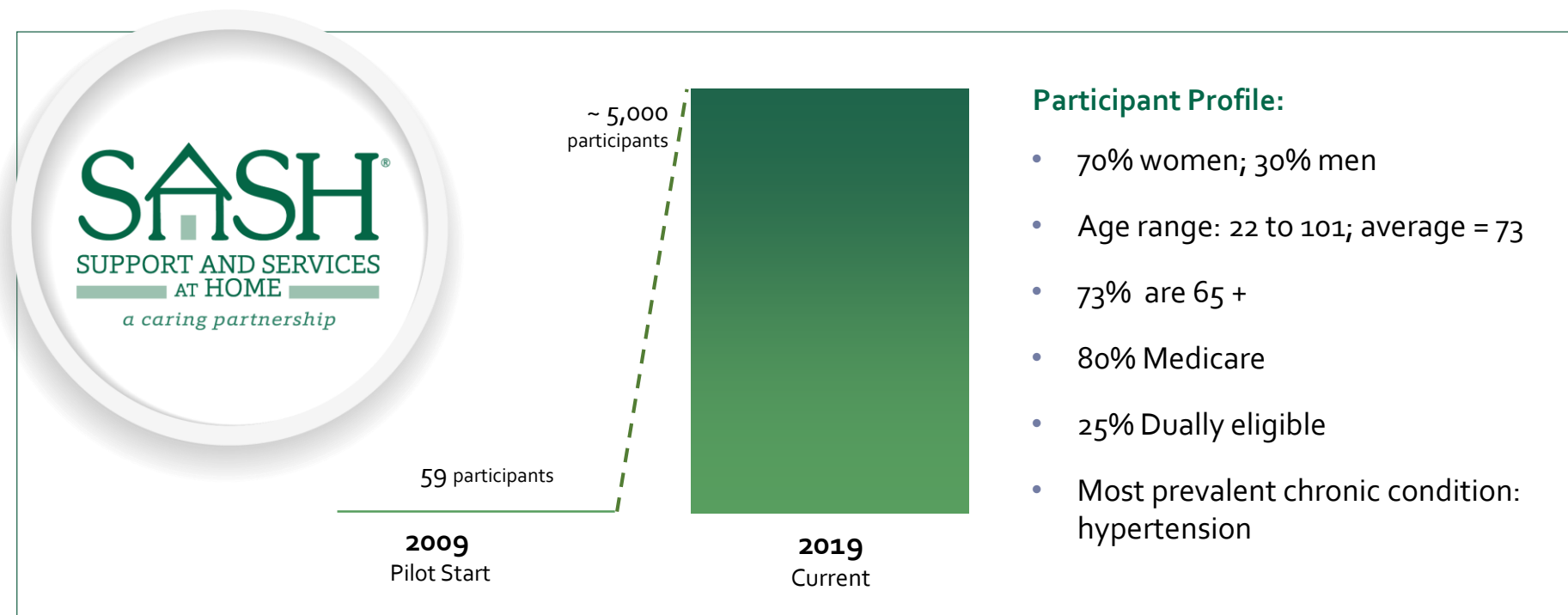
Brattleboro Memorial Hospital
Central Vermont Medical Center
Copley Hospital
Gifford Health Care
Mt. Ascutney Hospital & Health Center
North County Hospital
Northeastern Vermont Regional Hospital
Northwestern Medical Center
Porter Medical Center
Rutland Regional Medical Center
Southwestern Vermont Medical Center
Springfield Hospital
University of Vermont Medical Center

DEVELOPMENTAL, MENTAL HEALTH & ADDICTION SERVICES

Clara Martin Center
Counseling Service of Addison County
Health Care & Rehabilitation Services
Howard Center
Lamoille County Mental Health
Northeast Kingdom Human Services
Northwestern Counseling & Support Services
Rutland Mental Health Services
United Counseling Service
Washington County Mental Health Services

OTHER HEALTH PROGRAMS

Castleton Undergraduate School of Nursing
Graduate Counseling Program,
Northern Vermont University
United Health Alliance
University of Vermont Center on Aging
Vermont Chronic Care Initiative
Vermont Health Foundation



Health of SASH Participants Statewide



CHRONIC CONDITIONS: PHYSICAL

Median number of
chronic conditions..... 6

Participants with
more than 3 diagnoses 75%



CHRONIC CONDITIONS: MENTAL

Depression..... 34.5%

Anxiety..... 27.4%

Suicide Ideation..... 9.8%

Schizophrenia..... 3%



HEALTH SCREENS

Risk of Falling..... 58%

Elements of SASH



Evidence-Based Prevention & Wellness Programs



70+ SASH staff throughout Vermont are trained and certified to lead these programs

- **Stanford Chronic Disease Self-Management**
- **Falls prevention:** Tai Chi for balance and arthritis
- **Physical Activity:** chair yoga, walking programs, strength training, “Bone Builders” and more
- **Cognitive impairment and mental health** interventions
- **Nutrition** education and programming (DASH, etc.)



Alignment with APM Priorities

- Assess annually on access to PCP – 85% have annual exams
- Staff provides reminders and health coaching
- Medication reconciliation, vitals monitoring shared with PCP

Improve Access
to Primary
Care

- Assess annually for Chronic Conditions
- Develop Healthy Living Plan to manage conditions
- SASH staff trained in leading Chronic Disease Self Management Classes
- HTN and Diabetes targeted for clinical change with positive results

Reduce
Chronic
Disease

- Screen annually for suicide risk and alcohol/drug misuse
- SASH staff trained in Umatter Suicide Prevention and SBIRT
- Part of Zero Suicide Initiative Pilot with mental health partners and State of Vermont

Reduce Suicide
& Drug
Overdose



OneCareVermont

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SUPPORT AND SERVICES AT HOME



Current Pilots

Hypertension

- Consistent hypertension-management protocol using Wellness Nurse, Coordinator & PCP
- Home blood pressure monitoring with automatic cuffs (provided)
- Coaching on lifestyle behavior changes to lower blood pressure



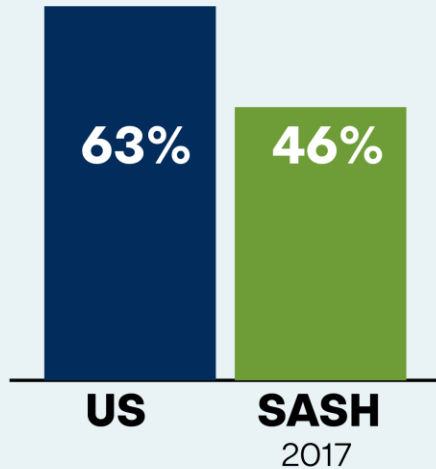
Department of Health
Agency of Human Services

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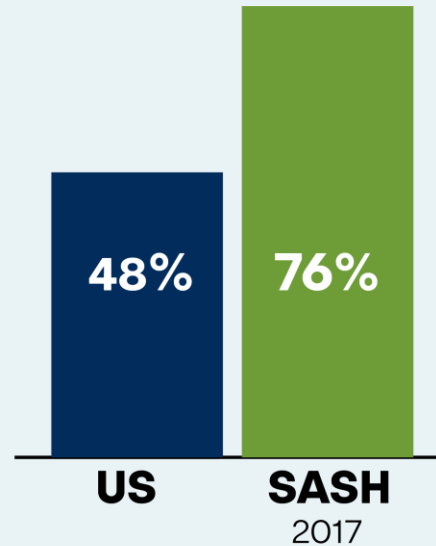
Hypertension

OUTCOMES

Adults with Hypertension



*Adults with **Controlled** HTN*



70% reduced their systolic BP an average of **15 mmHg within 3 to 6 months.**

Of these, more than 50% moved into a lower risk category.

Comparison data from October 2017 CDC data brief "Hypertension Prevalence and Control Among Adults: United States, 2015-2016"

Hypertension Profile



- 79-year-old female in Addison County SASH
- Recovering from a recent fall
- Stopped taking her blood-pressure medication after it had run out
- Was confused about how to take her blood-pressure medication
- Other medical issues: obesity, hyperlipidemia

	BEFORE:	AFTER 5 MONTHS:
Blood Pressure	172/90	138/74

Diabetes Pilot

- Disease-prevention collaboration with the Vermont Department of Health targeting SASH participants in Rutland with diabetes or pre-diabetes
- Pilot with Rutland SASH Team, Beauchamp & O'Rourke Pharmacy, and diabetes educator from Southwestern Vermont Health Care
- Measuring outcomes based on hemoglobin A1c, cholesterol profile, blood pressure, heart rate and BMI
- Pharmacist included in SASH team-based care and regular multi-sector meetings



Diabetes Pilot

Preliminary Results: November 1, 2017 - June 30, 2018

Clinical Measure	Before	After	Average Change	Range of Change	Sample with More than 1 Measurement
HgA1c	7.9%	6.9%	-1.03%	-0.4% to -4.1%	13
Systolic Blood Pressure	127mmHg	126mmHg	-0.3mmHg	-60 to -30mmHg	23
LDL Cholesterol	101 mg/dl	65 mg/dl	-35.5 mg/dl	-117 to -20 mg/dl	8
BMI	33.0	31.8	-1.2	-15.1 to -2.3	22
Weight	203 lbs.	195 lbs.	-7.7 lbs.	-99 to -13 lbs.	22

Total weight lost: **170 lbs.**



Mental Health Pilot



- Full-time Howard Center clinician embedded in SASH Team
- Underway at 2 Cathedral Square sites in Burlington
- Aimed at improving emotional well-being of individuals and groups
- Natural extension of SASH services
- Goals: Improved access to mental-health services, reduction in avoidable ER visits, better patient experience, enhanced inter-agency coordination



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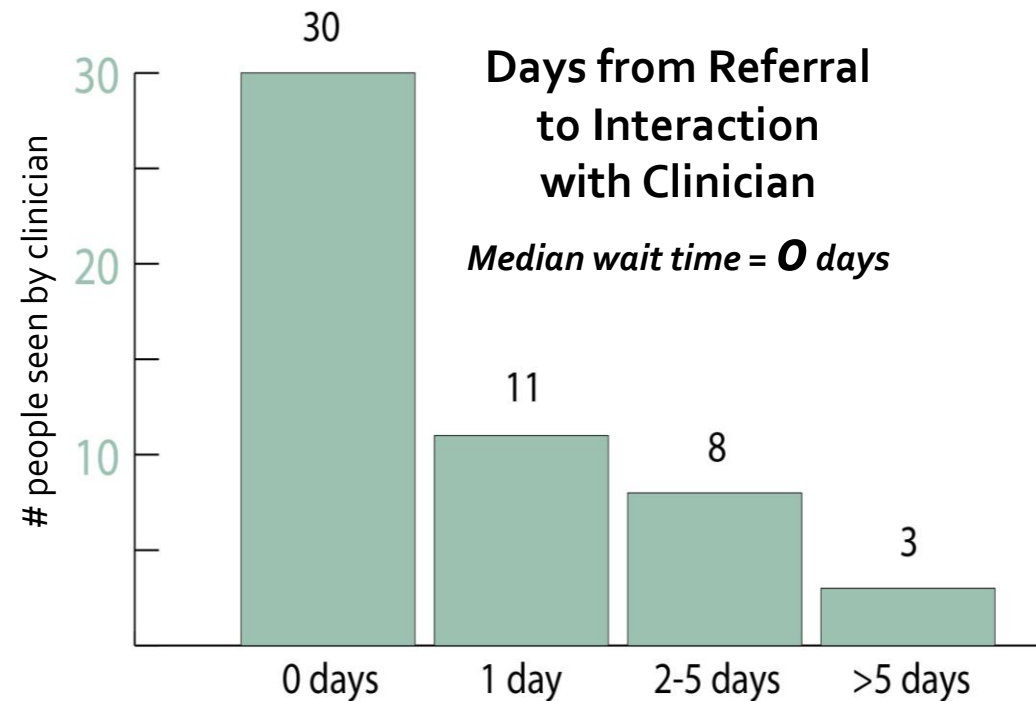


HOWARD
CENTER

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Mental Health Pilot

November 1, 2017 – December 31, 2018



- Greatly improved access to mental-health services: 80% of those referred were seen either the same day or the next day
- Clinician had **2,059 unique encounters** with participants at both sites. This includes individual visits, consults with staff, group programs, educational activities, social-wellness visits and care-coordination contacts
- **87.5%** agreed or strongly agreed that they had **learned new skills** from a group program
- **100%** agreed or strongly agreed that they had **learned about a new mental-health resource** through a group program.
- 100% agreed or strongly agreed that they **will be able to apply what they learned** in the group.



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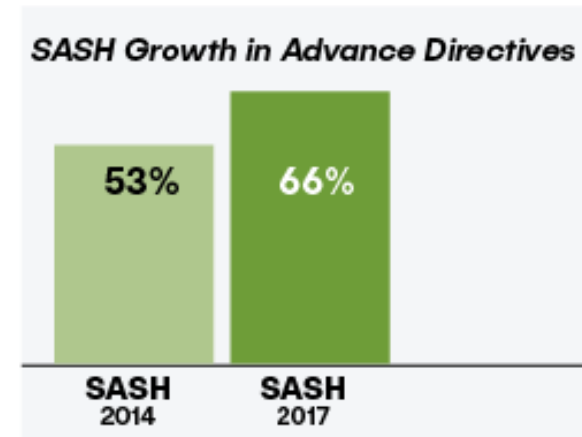
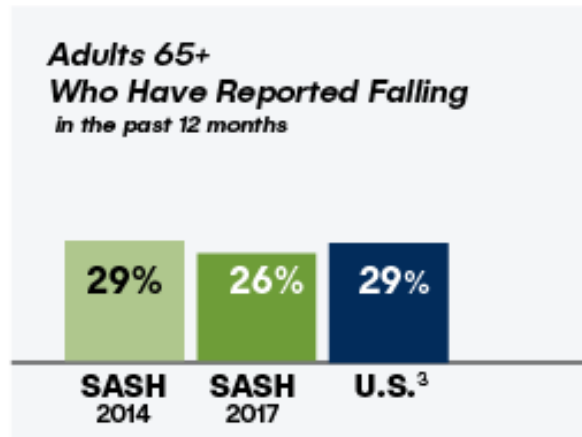
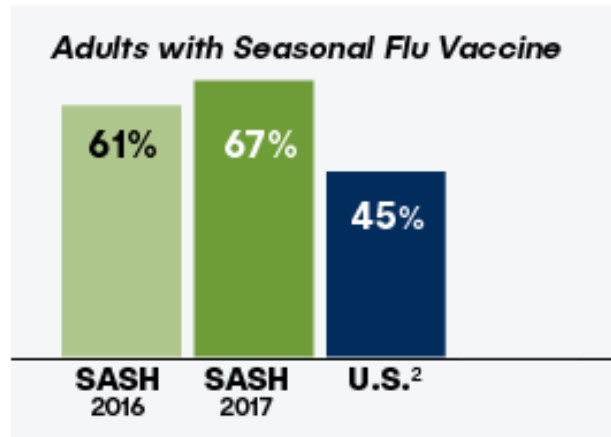
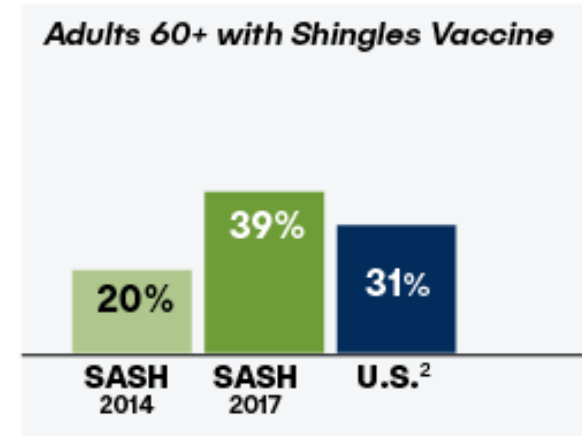
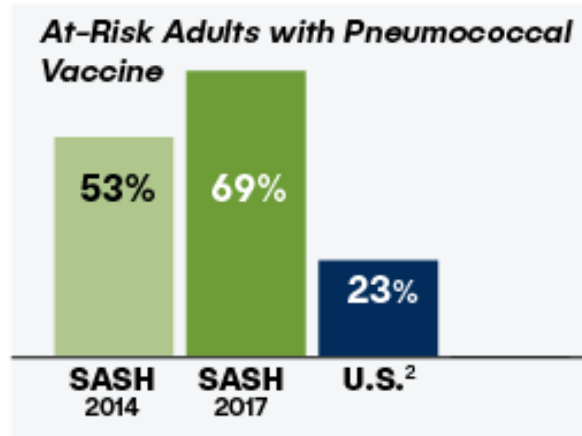
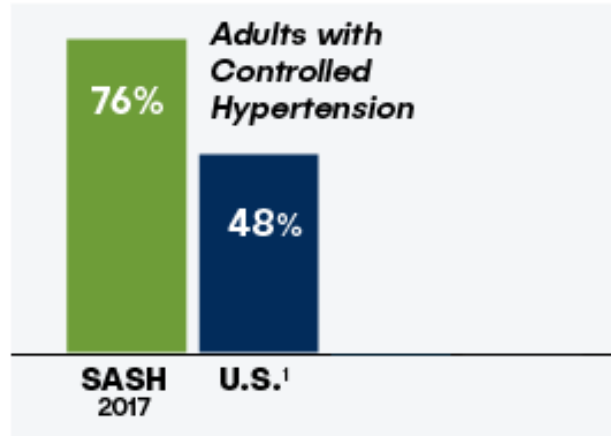
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SASH Outcomes

Outcome: Healthier People



1) [cdc.gov/mmwr/volumes/66/wr/mm6632a3.htm#F1_down](https://www.cdc.gov/mmwr/volumes/66/wr/mm6632a3.htm#F1_down)

2) [cdc.gov/mmwr/volumes/66/ss/pdfs/ss6611.pdf](https://www.cdc.gov/mmwr/volumes/66/ss/pdfs/ss6611.pdf)

3) [cdc.gov/mmwr/volumes/65/wr/mm6537a2.htm](https://www.cdc.gov/mmwr/volumes/65/wr/mm6537a2.htm)

4) Analysis of statewide SASH data

Outcome: Health-Care Savings

The latest
independent federal
evaluation found
**statistically
significant
Medicare savings**
of \$1,227 per
person per year.



"SASH participants and wellness nurses were able to identify health issues early before those issues progressed to more serious incidents."

—RTI/Leading Age Four-Year SASH Evaluation (Summary), March 2017

Outcome: Lower Costs for ER & Specialist Visits



Study by SASH third-party evaluator published August 2018; examines which panel characteristics have the strongest impacts on reducing Medicare expenditures

KEY FINDINGS:

- **ER Medicare expenditures trended lower for ALL SASH panels** compared to the control group.
- **Expenditures for specialist visits trended lower for ALL panels;** statistically significant findings in urban and early panels.
- Statistically significant **reduction in Medicare expenditures for dually eligible participants** in early and urban panels.

What Participants Say



"I don't know if I would still be walking without the [SASH] program, and I really mean that. I don't think my diabetes would be so much in control if it wasn't with their help."

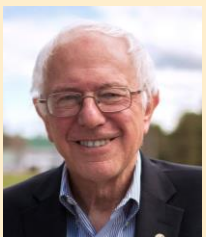
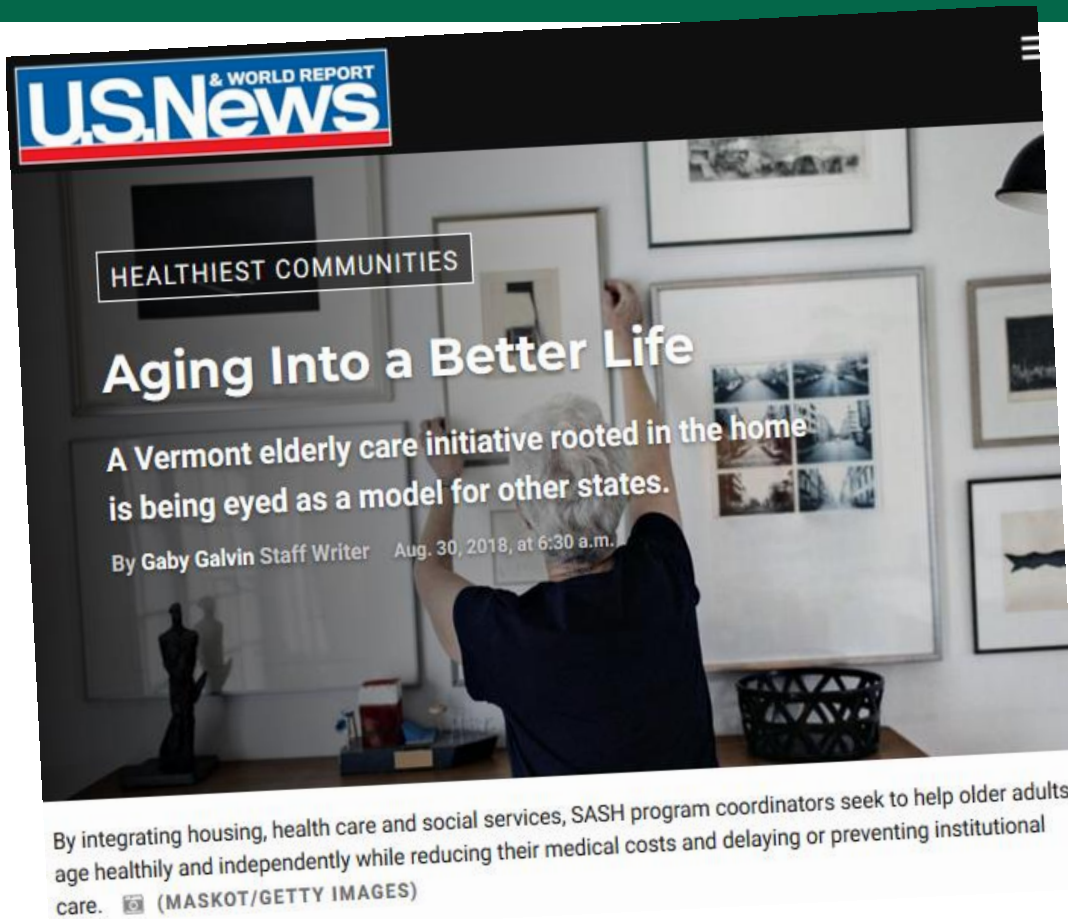
"Before SASH, I was going straight downhill. I honestly didn't know what to do or where to turn. I was fighting just to stay alive."

"Before I came here I had high blood pressure. It's better since SASH got me to start taking my pills and help me keep track of it."

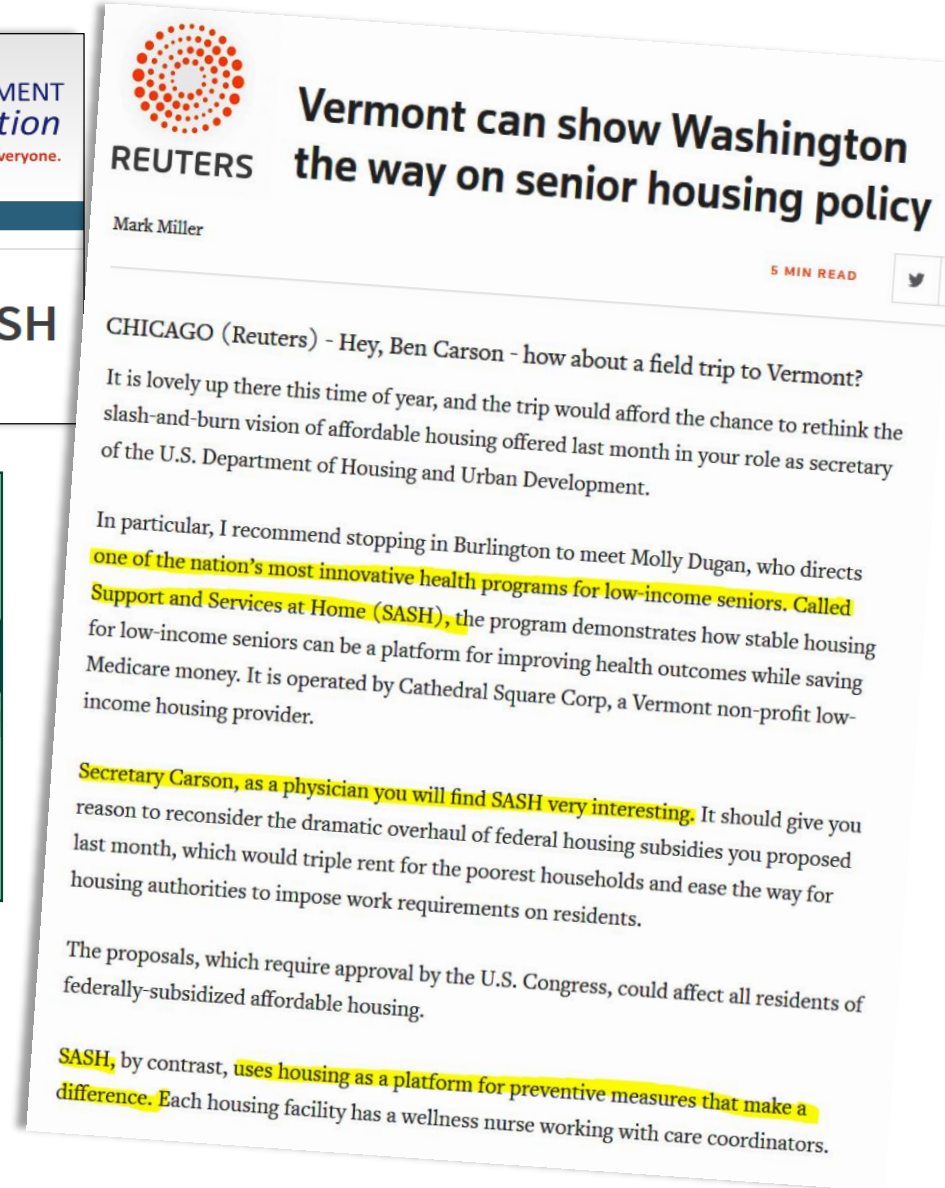
"Because they have all these programs and workshops, I know that I am not alone. If I was all by myself I would get depressed."

"I've lost 30 pounds since last year...and that's due a lot to the exercise programs SASH offers here."

Growing Recognition & Media Attention



“As a member of the Democratic leadership, I am proud of the initiatives I fought for in this bill on behalf of Vermonters. The bill contains a number of victories for Vermont including: support for Vermont’s farmers and agricultural producers; recognition of the innovative Support and Services at Home (SASH) program that helps seniors stay healthy and live at home; investments in our infrastructure; funding to help clean up Lake Champlain; and protection for rural post offices.” – Sen. Bernie Sanders, August 2018

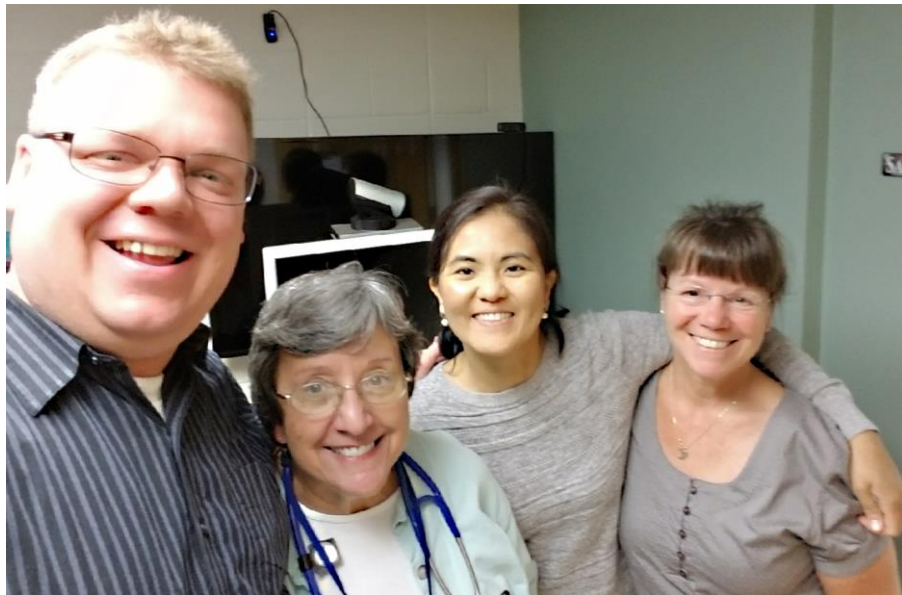




New Initiatives

Telemedicine Initiative

- Collaboration with UVM Medical Center and Northwestern Medical Center
- Five locations: Burlington, Elm Place, St. Albans, South Burlington, Williston



- SASH nurse accompanies patient during online meeting with PCP



SASH in Family Housing



81 evictions in Housing VT properties in 2016:

- 42% of Head of Household (HH) were between the ages of 21 and 30
- 61% households had children
- At least 49% were a single-parent household

Areas to impact:

- Immunizations
- ER visits
- Mental health
- Preventative screenings
- Evictions
- Nutrition

Questions?



Contact Information

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